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Alex Chediak, Author, Speaker and Professor Helps Christian Students Avoid 10 Common Mistakes in *Thriving at College*



[Carol Stream, IL]—"Our culture has a definite perspective on what college should involve. If you follow it, you'll throw your best years away, chasing experience after experience, mastering video games, hanging out at the mall, watching movies, and generally delaying responsibility," observes Alex Chediak, author, speaker and professor. He adds, "It doesn't have to be that way. You don't have to experience 'failure to launch'. You can be a productive, fruitful, godly adult at an early age."

In his new book, ***Thriving at College: Make Great Friends, Keep Your Faith, And Get Ready for the Real World*** (ISBN: 978-1-4143-3963-4; Religion/Christian Life/Social Issues; Soft cover; US \$14.99; April 2011), Chediak identifies the most common mistakes students make and unlocks the secrets to making the most of the college years. The book also contains a foreword from Alex and Brett Harris.

Learn how to avoid 10 common mistakes:

1. Chucking your faith
2. Treating college as if it were high school
3. Not being intentional in relationships
4. Ignoring or idolizing the opposite sex
5. Refusing to grow up
6. Being a Flake
7. Living out of balance
8. Being too cocky or too chicken
9. Ignoring your grades
10. Wasting opportunities

Thriving in College is written in a conversational manner, as if the student is out for a friendly cup of coffee with a mentor, and chock full of sound advice for the Christian student attending a Christian or secular college or university.

Alex Chediak is available for national interviews to promote the April 2011 release of *Thriving at College*. Contact Vicky Lynch at vickylynch@tyndale.com or at (630) 362-8829 to schedule an interview or learn more.

About the Author



Alex Chediak is an author, a speaker, and an associate professor of engineering and physics at California Baptist University. Alex has been involved in campus ministries and mentoring students for many years. He has published numerous articles in *Boundless*, an online magazine for young-adult Christians, and he is the author of *5 Paths to the Love of Your Life* and *With One Voice*. Alex has an MS and a PhD in engineering from the University of California—Berkeley. Originally from the Chicago area, Alex and his wife, Marni, and their three children now reside in Riverside, California. He maintains a blog at www.alexchediak.com.

Discussion Topics

- 3 Ways Facebook Can Endanger Your Future
- College and Common Moral Compromises
- Cut the Cord—Adjusting the Helicopter Parent/Child Relationship
- Atheism on College Campuses
- Failure to Launch—5 Reasons Why College Grads are Moving Back in with Mom and Dad
- 3 Common College Dating Pitfalls
- Character Counts—Why Delivering on Expectations is Essential
- 4 Tips on How to Graduate in Four Years
- 5 Financial Mistakes You Don't Want to Make

Advance Praise for *Thriving at College*

“Most Christian young people go to college without specific goals and are unprepared for the challenges that await them. While some prosper spiritually, most get derailed, and an alarming number abandon their faith. Alex has written an insightful and useful book to help college-bound people know what to expect, how to prepare for it, and what to do to avoid the pitfalls.”

Randy Alcorn, best-selling author of *Heaven*

“Written by an ‘insider’—a former student, now a professor, this book addresses all the issues a student might face. It will be an excellent gift for all high school seniors.”

Dr. Jerry Bridges, best-selling author of *The Pursuit of Holiness*

“College represents one of the most strategic transitional moments in the lives of most young Christians. In this book, Alex provides good wisdom and sound, practical advice to young Christians seeking to navigate the world of higher education while simultaneously maturing into faithful Christians.”

Dr. R. Albert Mohler Jr., president of the Southern Baptist Theological Seminary

“Writing from the perspective of both a parent and a professor, Alex presents a practical guide on how students can spiritually and intellectually thrive during their college years. This book will be required reading for all three of my children.”

Tullian Tchividjian, senior pastor of Coral Ridge Presbyterian Church

“*Thriving at College* is a significant how-to volume to help new college students and their families prepare for and adjust to the numerous transitions that accompany the college experience.”

Dr. David S. Dockery, president of Union University

“Many in my generation look back on their college years with regret, wishing we had been more intentional and focused during our time on campus. Before you invest four years of your life and tens of thousands of dollars, spend a few dollars and a few hours to read this book.”

Bob Lepine, cohost of *FamilyLife Today*

“A commonsense approach to ten common mistakes concerning time management, sex, grades, relationships with parents, and others things that might seem simple but rarely are.”

Dr. Marvin Olasky, editor in chief of *World* magazine

“Alex’s goal is to spare college-bound young people from entering college thoughtlessly and then drifting after they are there. The book has all the right ingredients to meet that goal.”

Dr. Leland Ryken, professor at Wheaton College

"All the things I speak to college students about are here: maintaining your faith, developing nurturing friendships, having wisdom in relationships, becoming mature, finding balance, growing in spiritual maturity, seizing opportunities. A must-read for kids headed to college and those already there."

Tedd Tripp, best-selling author of *Shepherding a Child's Heart*

"When Alex talks about thriving at college, he speaks from experience. He has spent a lot of time on campus: from undergrad to professor. Put all of that together, along with a wide knowledge of Scripture, and you have the ideal author of a really helpful book."

Dr. Michael Horton, professor at Westminster Seminary, California

"I've been a Campus Pastor for the last seventeen years, and have seen a lot of excellent books on how a Christian student should go about being a truly Christian student. Chediak's book is the best I've seen."

Ben Patterson, campus pastor at Westmont College

"A handbook of practical wisdom for the would-be college student. Essential summer read for every incoming freshman."

Dr. Gene Veith, provost of Patrick Henry College

"Alex cuts through the nonsense and non-advice so many college students receive to tell them exactly what you need to know: college is a pivotal season that carries great promise, but you have to take specific steps *now* to set yourself apart and thrive. *Thriving at College* is a cheat sheet, a strategy session, and a pep talk rolled into one. Investing in this book is investing in your future."

Lisa Anderson, host of Focus on the Family's *The Boundless Show*

For more endorsements, see www.alexchediak.com.